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Bangalore Mirror ON SATURDAY

TEMP Max 29 | Min 21 | Humidity 65% Scattered Thunderstorms Sensex 85,571 | Nifty 26,178 | Gold 75,273 | Silver 92,760 | Dollar 83.67 | Euro 93.60 | GBP 112.22

ANY QUESTIONS?

Seems like students don't need question papers to get all correct answers; teachers allege papers being leaked online

PAGE 2

LEFT SMARTING

Area beautified under Smart City project just a year ago is already unravelling as marble slabs come loose and litter spreads

PAGE 4

Almost 50 trees tagged dangerous each month and being cut, but close look at orders from tree officer and committee reveals many times these are being removed to facilitate construction

WE SEE CLEAR AND PRESENT DANGER

Even if trees being removed are weak, BBMP must probe reasons behind it, say experts

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TWEETS @BangaloreMIRROR

On average, nearly 50 trees in Bengaluru are being tagged 'dangerous' every month and being axed, according to data from the forest department of Bruhat Bengaluru Mahanagara Palike (BBMP).

Between January and March 2024, as many as 142 trees – both avenue and on private land - were axed by orders from the tree officer and tree expert committee.

Permissions were given to remove 31 'dangerous' trees in the city in January. As many as 37 such trees were removed in February and 74 were axed in March this year. This was in response to 76 applications that BBMP had received from individuals and organizations.

Careful examination of these orders seemingly reveals that many times, trees were cut to aid construction work.

For instance, an application was filed by the owner of a private property in Yeshawanthpura Industrial Town for removal of 22 trees. The site was inspected by Zonal Forest Officer, Rajarajeshwari Nagar Zone.

"It is a private land and there are 22 trees of different species found in the place (campus).

"Construction work has been undertaken at the proposed site and it has been found that the trees are crossing the work. Therefore, the Zonal Forest Officer has submitted a report that the applicant may be allowed to fell 22 trees — From tree officer's order

The tree is seen growing massive and spread over the site. Construction work has been undertaken at the proposed site and it has been found that the trees are crossing the work. Therefore, the Zonal Forest Officer has submitted a report that the applicant may be allowed to fell 22 trees," said the order copy by tree officer.

The proposal was submitted to the tree expert committee constituted as per the order of the government. After inspecting the site, it

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Keep your head

No fines, but traffic police tell riders about perils of wearing sub-standard helmets just for compliance

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Even as helmetless riding continues to dominate traffic violation records in the city, there is also a bigger issue with this rule — that of motorists wearing poor-quality helmets. To address this concern, the East Division traffic police launched a drive aimed at educating motorists about the dangers of substandard helmets. The initiative targets two-wheeler riders sporting unsafe, half helmets often bought from roadside vendors.

As part of the campaign, traffic constable Ramesh from KR Puram station, keeps a watch on motorists wearing low-quality helmets and informs them about the serious risks involved. He explains to riders about how riders may lose their lives or get permanent physical disabilities when they choose such helmets just to avoid fines.

DCP Traffic West Anitha B told BM that as of now special drives on awareness are being carried out within every division. "We recently carried out an awareness drive within Chickpet about usage of ISI quality helmets, road safety, traffic rules etc. Poor quality helmets may only cover the head, but they often do not stay in place during a crash, leading to potentially fatal consequences," she said adding ISI marked

CONTINUED ON PAGE 11 »

2 THINGS TO DO

01 Blood donation camp

Dwitiya Life Care along with Avgli Girinagar wing are organising a blood donation camp. Men and women within the age bracket 18- 65 years can donate. Free BMD screening is also available. Contact- 8123308384 for more details. **Where: Dwitiya Life Care, Banashankari; When: September 29, 9 am to 3 pm**

02 Musical ecstasy

The Nadathur Foundation is organising 'Nada Sambhrama,' a concert series dedicated to promoting and celebrating the rich tradition of Indian classical music. This event series aims to showcase exceptional talent, fostering cultural appreciation and providing a platform for both established and emerging artists. The concert series will be inaugurated by a special Navratri concert by Vidwan Sikkil Gurucharan.
Where: JSS Auditorium, Jayanagar;
When: October 5, 6pm- 8pm

Grand festivity

'Kalopsia', the flagship event of Presidency College commenced with grand festivities as Wednesday witnessed the grand finale at Palace Grounds. The festival was graced by actor and director Saad Khan as the chief guest. The participants competed against each other displaying immense talent and it was an ethereal experience to witness the performances. The events were

judged by eminent personalities from the respective fields. Performances by popular artists and groups like 'The Jordindians', Kannada Rapper Sid enthralled the audience.
Dhanya Ramkumar, a well known star of Kannada film industry also graced the event. The event concluded with Krishna entertaining the young crowd followed by a DJ evening.

SSLC mid-terms: All answers ready, without question paper

Teachers allege question papers being leaked online on sites like YouTube, hours before exams begin

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In Davangere district, a group of 10th-grade students from private schools startled teachers by submitting answer sheets with correct responses to questions before the question papers were officially distributed.

Teachers in various districts have uncovered that students are accessing leaked question papers through platforms like YouTube and other social media sites before attending the exams. This issue is not limited to Davangere; it is suspected to be happening across multiple districts, although students are reportedly keeping quiet about it.

In an effort to enhance the quality of examinations, the Karnataka School Examination and Assessment Board (KSEAB) introduced a centralised system for dispatching question papers to maintain exam standards. However, ensuring foolproof distribution has proven to be a significant challenge. Recent reports have also revealed that some students are arriving at exam centres with pre-written answers in their sheets, rather than blank answer booklets.

The midterm exams, which commenced on September 24 and will continue until October 1, involve approximately eight lakh SSLC students across the state. While three exams have already been completed, three more remain. Teachers allege that question papers are being leaked online just hours before the exams begin. Authorities are currently investigating the leak, as question paper links are sent to district deputy directors and school administration logins. Despite the ongoing concerns, no formal complaints have been lodged so far.

When contacted, Manjushree N, chairperson of KSEAB said that the issue of leaked question papers circulating on social media has been brought to her attention, though no official reports have been filed yet. A YouTube channel has reportedly been sharing these question papers, with students commenting and even requesting leaks for future SSLC exams. One student claimed in a comment that they were selling the paper for Rs 400. It may be noted that the KSEAB is directly overseeing this year's SSLC midterm exams, preparing and sending the question papers to district deputy directors' logins. These are then forwarded to schools, with the question papers available a day before the exam to allow printing and distribution for students. "The Education Department's decision to send midterm exam question papers online contradicts previous guidelines. We believe teachers at individual schools are capable of setting their own papers, which would prevent leaks. Many schools also lack the infrastructure to print papers on-site, increasing the risk of leaks at photocopy centres. We urge the board to conduct final exams securely, but allow schools to handle other exams locally," said D Shashi Kumar, General Secretary of the Associated Managements of Primary and Secondary Schools in Karnataka.

> **"Many schools lack the infrastructure to print papers on-site, increasing the risk of leaks at photocopy centres** – D Shashi Kumar

SSLC students summing up lessons before entering the exam hall at one of the exam centres

Three held for BNU site hacking

Meanwhile, three individuals have been arrested by Kolar Cyber Police in connection with the hacking of the Bengaluru North University (BNU) website. Investigations revealed that the suspects exploited certain vulnerabilities in the university's Unified University College Management System (UUCM) website, allowing them to reset passwords. They accessed the details of failed students, contacted them, and took payments via UPI and cash in exchange for promising to help them pass their exams. As a result, the police arrested C Girish and C Sandesh, trustees of a PU college along with students of the same college.

The UUCM system is used by most universities in Karnataka to manage various administrative processes. Authorities are investigating the possibility of this scam extending beyond BNU, and that similar activities might be occurring in other universities across the state, including some private colleges.

Geo technical survey begins for Metro Phase 3

The Bengaluru Metro's Phase 3 project has officially begun, with geo technical investigation underway on key stretches, including Kempapura to JP Nagar 4th Phase and Magadi Road. Bengaluru Metro Rail Corporation Limited (BMRCL) has awarded contracts to three companies to conduct soil studies for the 44.65 kilometre stretch of Phase 3. The first company is handling the first phase of the investigation from Mysuru Road Station to Kanteerava Studio Station, while the second phase covers Hosahalli Station to Kadabagere Station via Sunkadakatte Depot.

The second company has secured a tender worth Rs 1.32 crore to conduct surveys between Kanteerava Studio and Kempapura Station. A third company, also awarded Rs 1.32 crore, is responsible for the investigation from JP Nagar 4th Phase to Mysuru Road Station. According to project guidelines, all soil testing must be completed within five months.

Project scope and timeline

The geotechnical reports must be submitted within 15 months, as they are essential for determining the location of metro pillars and stations, which will ultimately impact the financial planning of the project. The investigation uses hydraulic drilling machines to create boreholes with diameters of 75 to 100 millimetres, reaching depths of up to 40 metres. These samples provide crucial information about the soil and rock composition, helping engineers finalise foundation designs and pillar placement. This analysis will also aid in selecting the appropriate construction methods and technologies.

Metro expansion details

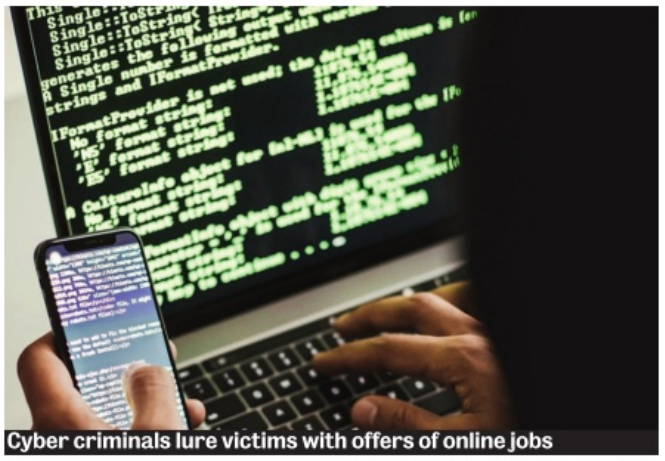
Bengaluru Metro Phase 3 will span 22 stations, connecting Kempapura to JP Nagar 4th Phase. The project includes the 32.15 km Outer Ring Road (ORR) segment, known as the Orange Line, with nine stations, and a 12.5 km stretch from Kadabagere to Hosahalli, also with nine stations. **— BMB**

Inspection of extended green line on Oct 3

The extended 3.14 km stretch of the Green Line between Nagasandra and Madavara will undergo inspection by the Commission for Railway Safety on October 3 and 4. This follows the completion of trial runs and signal testing along the route. The current metro line, which runs from Silk Board to Nagasandra, is being extended to Madavara near the Bangalore International Exhibition Centre, at a cost of Rs 298 crore. This extension will benefit multiple groups. Commuters traveling between Tumakuru & Bengaluru will be able to cover a significant part of their journey via metro.

Tentacles of scam spread far & wide

Retail, marketing professionals turn cyber fraudsters for quick money; kingpin in China



Cyber criminals lure victims with offers of online jobs

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Bengaluru's Cyber, economic and narcotics offences (CEN) Cyber Crime Police Station, North division, has busted a cybercrime syndicate, arresting 10 persons, who are said to have left their jobs in retail, marketing, and tech to engage in online fraud.

These former employees of reputed firms and professionals are said to have been operating under the instructions of international masterminds from China. The group is accused of duping victims through fake job offers, online reviews, and cryptocurrency scams, swindling victims from across 21 states including Karnataka of millions of rupees.

The arrested Syed Yahiya, Umar Farooq, Mohammed Maheen, Mohammed Muzammil, Tejas, Chetan, Waseem, Syed Jayed, Sahil Abdul Anan, and Om Prakash have been remanded to judicial custody.

Umar Farooq is a former Apple employee, Tejas is a professional photographer, Syed Jayed, an Amazon Retail worker, and Waseem was involved in marketing.

Complaint

It started with a complaint lodged at the CEN Cyber Crime Police Station North, on July 3 about a case that began on June 20. A Bengaluru resident had been receiving unsolicited messages via WhatsApp from an unknown number and was soon added to a Telegram group. Here, she was introduced to an 'online review job', where she was asked to rate products and hotels for money. Initially, the perpetrators paid her 200 per review, even doubling the money on occasion to gain her trust.

Over time, the fraudsters lured her deeper into their scheme, encouraging her to invest in cryptocurrency and online trading platforms, promising greater returns. Between June 20 and July 1, the complainant transferred 25,37,815 to four bank accounts, two of which were traced to Karnataka—one in Bengaluru and the other in Hassan.

Police action

The Cyber Police analysed the account details, which led to the first arrests on September 13, when seven accused were apprehended from RT Nagar. During the raid, the police seized 23 mobile phones, 99 debit cards, 50 bank passbooks, 41 SIM cards, a laptop, and 1,24,000 in cash.

Following interrogation, the police learned of three more individuals who had returned from China after meeting international cyber criminals. They were arrested at Kempegowda International Airport on September 15. From them, the police seized six mobile phones and further interrogations revealed a wider network.

The syndicate

On September 16, police uncovered an office in Peenya, where the gang had stored crucial evidence. From this location, the police seized 47 bank passbooks, 48 SIM cards, 31 debit cards, and nine mobile phones. A subsequent raid at a PG accommodation in Sampigehalli, where the airport-arrested trio had stayed, yielded even more evidence, including 52 debit cards, 34 mobile phones, 40 SIM cards, one laptop, and 30 additional passbooks. A total of Rs 7,34,768 was frozen in 127 bank passbooks.

Vast network

What started as a local cybercrime investigation soon ballooned into a massive operation, with 122 cases linked to this particular gang through the National Cybercrime Reporting Portal (NCRP).

The kingpins of this operation are believed to be based in China. The fraud network operated across 21 states.

2 arrested for selling ganja

KG Halli police arrested two individuals and seized 51 kg of marijuana, valued at 3.12 lakh, this Tuesday. The police officials found two suspects had arrived at Sante Maidan in a car, intending to sell the illegal substance.

One of the arrested is from Holenarasipur taluk in Hassan and the other from Kendatti village in Kolar. The ganja and the vehicle used to transport it were seized. The total value of the seized ganja amounts to 3.12 lakh. — BMB

CCTV helps nab driver in hit-and-run case

The Kamakshipalya traffic police used CCTV footage to track down a driver in a hit-and-run accident that occurred last Wednesday near Sumanahalli signal on Magadi Main Road. The victim, 51-year-old Subramani, was critically injured when a speeding vehicle ran over his legs as he was walking. Subramani succumbed to his injuries while receiving treatment.

The Kamakshipalya police registered a case under IPC sections 279 and 337 and launched an investigation. By reviewing CCTV footage from the Sumanahalli area, the police identified the vehicle as a goods truck and got its registration number.

The driver, Nagesh TR, was apprehended and it has been confirmed that he was behind the wheel during the accident. BMB

Tanker vehicles inspected

In a joint operation by the Transport Department and Traffic Police on Friday, over 300 water tanker vehicles were inspected across the city. This operation targeted vehicles operating without paying taxes to the government, without the necessary qualification certificates, and driven by individuals without proper licences.

Five investigation teams were formed, leading to legal cases being registered against 73 vehicles for various violations. Additionally, 31 water tanker vehicles were confiscated for non-payment of taxes. — BMB

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Beauty spot reveals its ugly side way too soon

Quality of Smart City project of beautification near Basilica in Shivaji Nagar questioned after marble slabs start coming apart in just 1 year

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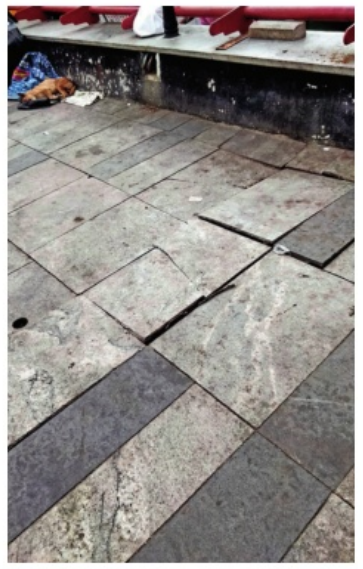
Residents of Shivaji Nagar and devotees of St. Mary's were pleased when Bangalore Smart City Limited (BSCL) undertook the beautification of the vacant area opposite St Mary's Basilica, which had been neglected and required attention. While BSCL invested a substantial amount in the project, the quality of the beautification work has not met expectations.

Now, the area resembles an abandoned junction, with leftover food being discarded by passersby. The marble slabs on the floor are already broken and uneven, and the surface of the beautified space resembles the deteriorated footpaths commonly seen in the city.

"The BSCL took a lot of time and spent a lot of money on the beautification of the place. Now the place is in a pathetic condition. It was meant for people to sit and relax for a while but the condition of the place is unappealing. I urge the authorities to make the contractor fix the problems at this place without any delay," said Mohammad Yusuf, a businessman.

Criticising BSCL authorities for the substandard work, Maria from the Aam Aadmi Party stated that the quality of the beautification project was not up to the mark. "It is quite shocking to see marble stones broken at the place that was beautified just a year ago. I believe that the contractor is responsible for the maintenance of this place. I hope the BBMP (Bruhat Bengaluru Mahanagara Palike) authorities ensure the place is clean and neat," she said.



Left: Poor condition of the beautified junction at Shivaji Nagar near St Mary's Basilica; Above: Broken marble slabs and uneven flooring

> **"It was meant for people to sit and relax for a while but the condition of the place is unappealing. I urge authorities to fix it** – Mohammad Y, businessman

A pedestrian said that not many people want to use the place due to the unhygienic atmosphere. "The paint on the concrete structure is already faded. I think the BBMP authorities should have converted this place into a parking lot instead of spending money for beautification and later forgetting about the existence of this place. I expect the BBMP authorities to engage workers to keep the place clean. If not, what is the use of spending tax-payers money for the beautification of this junction?" he asked.

Sharing a similar view, James J, a pedestrian, suggested that BBMP could have generated revenue by converting the area into an extended parking lot. "I urge the BBMP authorities to fix the slabs and paint the concrete structure," he said.

Meanwhile, BBMP Assistant Executive Engineer (Shivaji Nagar) Savitri, said that she would visit the spot. "I will look into the matter," she said.

From lower depths, Handenahalli Lake back to life

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Handenahalli Lake in Medahalli, on the outskirts of Bengaluru, has been restored to its former glory through the efforts of SayTrees, a grassroots environmental organisation. Once clogged with silt and weeds, the lake had not retained water for over a decade and had become a dumping ground for debris. After working diligently for five months from April to September this year, Handenahalli lake has been successfully revitalised. Covering 15.9 acres, Handenahalli Lake had lost its ability to support local farmers and the surrounding ecosystem. Once capable of holding 91 million litres of water, the lake had become a dumping ground for debris, with water no longer remaining in it for over a decade.

With the involvement of the local community, the lake has been successfully transformed under the guidance of Madhusudan, the SayTrees Program Manager. The Zilla Panchayat office and the Karnataka Tank Conservation and Development Authority (KTCDA) approved the detailed project report. The team focused on desilting the lake bed, reinforcing the bunds, and restoring water flow into the lake. Additionally, stone pitching around the bunds and the construction of inlet culverts now enable the lake to hold water sustainably. As a result, the water spread area of Handenahalli Lake increased to 19.6 acres, boosting its water-holding capacity to 229 million litres, more than double its original capacity. For the first time in years, the lake is filled with water, offering new hope to local farmers who can now use the nutrient-rich silt for their fields. Additionally, the installation of a 24/7 water level monitoring sensor added a technological advantage to traditional restoration practices.

One of the positive aspects of this restoration was the involvement of local villagers and officials. The Panchayat has now formed a lake monitoring committee to prevent the reintroduction of debris and to maintain the lake's health. What was once a neglected, misused space is now a revitalised ecosystem, serving not just as a reservoir but as a source of pride and responsibility for the village. SayTrees' founder, Kapil Sharma, said "We at SayTrees have cracked the code on lake restoration, not through top-down solutions, but by empowering communities. We are the only NGO who have successfully completed a lake rejuvenation initiative via a public partnership model."

Looking ahead, SayTrees has set its sights on an ambitious goal: to restore over 300 lakes across India by 2030. This mission aligns with their broader vision of tackling the twin crises of deforestation and water scarcity in the country.

"To achieve our ambitious goal of restoring 300 lakes by 2030, SayTrees calls upon all stakeholders to unite in a collaborative effort. Together, we can make a significant impact on our environment," said Lt Commander Deokant Payasi, CEO of SayTrees

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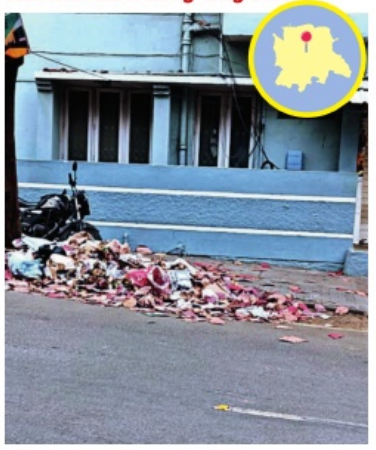
Leaf pile

Kumaraswamy Layout



At the junction of 14th Cross and 14th Main in Kumaraswamy Layout, a significant accumulation of dried leaves from a BBMP-planted tree is creating an unsightly mess.

Road woes

Jakkur

The condition of Srirampura Jakkur Road is poor, causing difficulties for drivers and commuters.

Pothole crisis

Rajajinagar

A large pothole has formed near Second Main Road, 4th Block, adjacent to Nakoda Jain Temple and the footpath in the Rajajinagar area, creating hazardous conditions for both drivers and pedestrians.

Infectious diseases run rampant in Karnataka

Acute diarrhoeal disease, dog bites and dengue cases are on rise along with seasonal illnesses like chikungunya and malaria

Acute diarrhoeal disease (ADD) remains one of the most prevalent illnesses in the state this year, with 2,985 new cases reported last week, bringing the total to 1,40,914 cases so far. The peak of ADD cases occurred in mid-June, coinciding with the onset of the monsoon season. The State Surveillance Unit of the Commissionerate of Health and Family Welfare in Karnataka has released its weekly report on infectious diseases, covering data from the previous week (September 16 to 22) and the year-to-date numbers (January 1 to September 22). The report provides a comprehensive picture of various diseases, their peak periods, and their impact on the public. The report said that diarrhoeal diseases are hazardous for young children and elderly populations.

Dog bites: Alarming increase in incidents

Another concern is the dramatic rise in dog bites, with 7,086 cases reported just last week and a staggering 2,50,034 cases since the beginning of the year. The surge in dog bites could be linked to an increase in stray dog populations, inadequate rabies vaccination programs for animals, and insufficient public awareness about safe interactions with dogs. The public health impact of dog bites extends beyond the immediate injury, as untreated cases can lead to rabies, a fatal disease.

Dengue: Persistent threat during monsoon

The report further added that Dengue fever continues to be a significant health threat in Karnataka, with 836 cases reported last week, contributing to a total of 28,071 cases this year. Dengue cases peaked in July and August, during the monsoon, when stagnant water became breeding grounds for the Aedes mosquito, the dengue carrier. Despite ongoing fogging and anti-mosquito campaigns, the steady case numbers highlight the need for year-round vigilance, especially in urban areas.

Snake bites: Deadly encounters in rural areas

Last week, 305 snake bites were reported, along with one death, bringing the total for the year to 9,016 bites and 65 fatalities. The peak in snake bite incidents occurred in June, likely due to increased human activity in agricultural fields during the monsoon season when snakes are more active. The report said that snake bites require prompt medical treatment, including the administration of antivenom, which is not always readily available in rural health centres. Efforts to reduce snake bite deaths focus on better healthcare access, education on prevention, and ensuring antivenom availability in rural areas.

Influenza: Seasonal decline after September peak

Influenza, which saw a peak in cases earlier this month, appears to be on the decline, with 483 cases reported last week and a total of 228 cases for the current year. The seasonal nature of influenza means that cases rise during cooler months when people are more likely to gather indoors, increasing the spread of the virus. The report said that vaccination campaigns and public health messaging are essential tools in combating the spread of influenza.

Severe Acute Respiratory Illness (SARI): Persistent cases throughout the year

Severe Acute Respiratory Illness (SARI) has been a persistent health concern throughout the year, with 162 new cases reported last week, contributing to a total of 6,213 cases since January. SARI cases peaked in January, likely due to the winter season when respiratory illnesses tend to surge. These cases often result in hospitalisations.

Chikungunya: Seasonal outbreak

Chikungunya cases peaked during the monsoon months. Last week, 85 new cases were reported, bringing the total for the year to 1,920. Chikungunya, which is also transmitted by the Aedes mosquito, causes fever and severe joint pain, which can last for months after the initial infection. The report said that efforts to combat Chikungunya mirror those for dengue, with mosquito control measures being a top priority.

Leptospirosis: Waterborne risk during monsoons

The report said that Leptospirosis, a bacterial disease transmitted through water contaminated with animal urine, saw its peak in July during the monsoon season. Last week, 54 cases were reported, bringing the total to 1,536 for the year. Leptospirosis is commonly contracted in flood-prone areas where people are exposed to contaminated water.

Malaria and Kyasanur Forest Disease

Malaria cases remain relatively low, with 113 cases reported last week and a total of 359 for the year. The peak occurred in July, similar to other mosquito-borne diseases. Kyasanur Forest Disease, a tick-borne viral disease, saw 355 positive cases this year, with a peak in February.

ADVERTORIAL

The Growing Issue of Sleep Deprivation Among Youth and IT Professionals:

A Hidden Risk for Heart Disease

In recent years, there has been a troubling rise in heart attacks among younger individuals, including those in the IT field, who often lack traditional risk factors like high blood pressure, smoking, or diabetes. Recent studies highlight inadequate sleep as one of the major contributing factor to this issue.

The increasing lack of sleep among young people and IT professionals is a serious risk for heart disease.

Dr. KISHORE K S
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The Sleep Crisis

Sleep deprivation happens when people don't get the recommended seven to nine hours of sleep each night. Many young people and IT workers regularly fall short of this. Busy work schedules, school stress and too much screen time are big factors. The appeal of social media, video games and streaming services often leads to late night wakefulness and disturbs sleep.

The effects of not getting enough sleep are serious. Studies show that chronic sleep deprivation can lead to health problems like obesity, diabetes and heart disease. Research increasingly shows that not enough sleep can raise blood pressure, increase inflammation, and raise stress hormones all of which increase the risk of heart disease.

Youth and the IT Industry: A Unique Challenge

Young adults, especially those in IT, face a mix of lifestyle choices and job demands that make sleep deprivation worse. Many IT workers have long hours, tight deadlines and high expectations, leading to an "always-on" attitude. This pressure often causes them to work late, leaving little time for self-care, including sleep.

For students and younger workers, the situation is just as tough. They often juggle schoolwork, part-time jobs, and social activities, which leads to late nights spent studying or finishing projects. Plus, using technology for both work and fun disrupts their sleep schedules.

Health Implications

The health risks of not getting enough sleep are serious. Studies show that people who don't get enough sleep are more likely to develop heart problems like high blood pressure and coronary artery disease. Younger people might not notice the long-term effects of their choices right away.

The American Heart Association highlights how important sleep is for heart health, noting that lack of sleep can lead to an irregular heart rate and high blood pressure. Also, not getting enough sleep can lead to unhealthy habits like poor eating, drinking more caffeine and being less active, all of which raise the risk of heart disease.

Strategies for Improvement

To tackle sleep deprivation, especially among young people and IT workers, a well-rounded approach is needed. Individuals can improve their sleep by sticking to a regular sleep schedule, creating a relaxing bedtime routine and limiting screen time before bed.

Employers can help by promoting a work-life balance. They can offer flexible hours, wellness programs and mental health support to reduce stress that often leads to sleepless nights.

Schools also have a role to play. By teaching students about the importance of sleep and providing stress management resources, they can help students develop healthier habits. Workshops on time management and how technology affects sleep can guide young people to make better choices.

Conclusion

The increasing lack of sleep among young people and IT professionals is a serious risk for heart disease. As society changes, it's important to recognize how vital sleep is for good health. By encouraging healthier habits and valuing rest, we can tackle the growing problem of sleep-related health issues and help protect the heart health of future generations.

For appointments Call : 9591991809 / 080 69555555

KWIN City to aid infra development in NW B'luru

The proposed KWIN city (Karnataka's New Landmark for Knowledge, Wellbeing, and Innovation), is set to significantly boost infrastructure development in north west Bengaluru in and around Nelamangala, Dabaspet and Doddaballapur. Strategically located between Dabaspet and Doddaballapur, this sprawling 5,800-acre city aims to redefine the region's growth trajectory through innovation and sustainability.

Devaraj Gowda, a relator said, "KWIN city's prime location is one of its most attractive features. Situated just 45 minutes from Bengaluru airport and a mere 5 kilometres from the Bengaluru-Pune Greenfield Expressway, it is poised to facilitate seamless access to major transportation hubs. The planned intra and inter-transport systems will alleviate congestion, enhance mobility, and provide efficient connectivity through key routes like the Bangalore-Hubli-Mumbai Express rail line and National Highways 44 and 648."

KWIN city is envisioned as a dynamic centre for knowledge, health, innovation, and research. By integrating these sectors, the city aims to bolster Karnataka's reputation as a global leader in technology and education.

One of the standout features of KWIN city is its commitment to sustainability. The development plans include a solar farm covering 465 acres, which will generate approximately 0.69 million MWh of energy—enough to meet the city's entire energy requirements. Additionally, KWIN city will incorporate an advanced rainwater harvesting system to fulfill 50% of its water needs, supplemented by borewell water for an additional 20%. This self-sufficient approach to energy and water management not only supports environmental sustainability but also sets a precedent for future urban developments. **–Prakash VL**

Karnataka Chief Minister Siddaramaiah, Deputy Chief Minister DK Shivakumar and others during the launch event of the KWIN City project at Vidhana Soudha in Bengaluru on Thursday

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

FOSTERING CREATIVITY

School children painting a wall at the Kala Jatre organised by their school

The picture was clicked by reader **Sridhar Comaravalli**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesofindia.com**

Smart parking facility remains under utilised

To tackle financial losses, parking contractor requests BBMP to use space for commercial purpose

| Sridhar Vivan
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@timesofindia.com

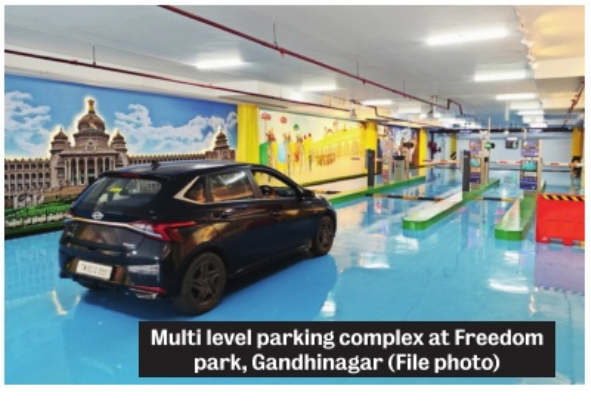
TWEETS @sridharvMirror

The Bruhat Bengaluru Mahanagara Palike's multi-level smart parking facility at Freedom park, touted as the country's first smart parking system, is facing heavy financial losses due to the low number of vehicles utilising the space. In light of this, the company managing the facility, Prince Roy Parking Solutions, has approached the BBMP, seeking permission to repurpose parts of the premises for additional commercial activities such as operating a hotel and warehouse to mitigate the losses.

Prince Roy Parking Solutions had signed a 10-year contract to manage the facility, committing to pay Rs 1.5 crore annually to the BBMP. The company had also invested eight crore Rupees to develop the state-of-the-art parking system, which includes modern amenities such as restrooms and free WiFi for users. Despite these features, the facility, inaugurated in June, is witnessing only 40 to 50 cars per day, far below expectations, resulting in significant financial strain for the company.

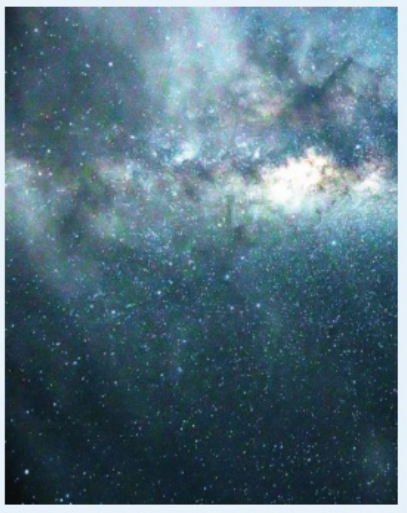
A source said, "To address this shortfall, the company has formally requested the BBMP's approval to use the ground floor of the multi-level structure for commercial activities, including the potential operation of a hotel. The company believes this would help them offset the financial burden and meet their rental commitments." In a letter to the BBMP Chief Commissioner, Prince Roy Parking Solutions' Managing Director, HN Kumar, explained that allowing commercial ventures like a hotel or warehouse would ensure they can continue to fulfill their contractual obligations to the BBMP, while also making better use of the facility's underutilised space.

The Freedom Park facility, which was meant to ease the city's parking woes, continues to remain a symbol of inefficiency, with drivers ignoring no-parking signs and opting for roadside parking. All the efforts to revive the parking facility have largely failed, despite the BBMP's multiple initiatives like deploying marshalls and even requesting police to start towing of vehicles parked on the roads. Even with Gandhinagar designating a no-parking zone, most drivers continue to park illegally on nearby streets, preferring convenience. An employee at the facility acknowledged that the promotion efforts have led to only a minimal rise in usage, and the parking ban within a kilometre of the lot is widely disregarded. This lack of compliance has not only underutilised the parking facility, but also worsened traffic congestion in the area.



Multi level parking complex at Freedom park, Gandhinagar (File photo)

DID YOU KNOW?



The universe has an average colour and it's called cosmic latte. Astronomers at Johns Hopkins University discovered this colour in 2003 after examining light from over 200,000 galaxies and all of the visible gas and dust clouds in the universe. When averaged, this colour would be extremely similar to white. It has a milky, delicate beige hue. #FFF8E7 is the cosmic latte's hex triplet value. This colour was given the name "cosmic latte." The reason for the universe's "beigeness" is that somewhat more areas emit red, yellow, and green light than blue light. However, this beige colour is muted when averaged over the whole sky, giving the impression that it is nearly black.

GET HEARD WITH MIRROR

9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

How does Bengaluru celebrate its arts and culture scene?

Suhani Goel, BM Reader
I think the city holds a wide range of cultural festivals throughout the year, like film and art festivals. Bengaluru also has numerous art galleries where contemporary and traditional art is showcased.

Snigdha, BM Reader
Bengaluru has room for a variety of cultural celebrations and it celebrates through processions, fests and a vibrant social life. It also celebrates art through traditional cultural events and festival celebrations.

Esita, BM Reader
I think the city has a vibrant music and dance scene, with performances and concerts happening frequently. There are lot of theatre performances too which provide artists a wonderful platform to showcase their skills and interact with one another.

Riya, BM Reader
Bengaluru always has something or the other going on, we have DIC. They hold functions all the time and they encourage small local artists to showcase their work. The Chitrakala Parishat also hosts many artists to help promote them.

Priyantika, BM Reader
A lot of Bengaluru's arts and culture scene is dictated by bookstores, art schools galleries, and of course clubs, malls, kalyana mantapas and other such establishments. Although it may seem like a slow-paced city, there's always something to do.

SPEAK TO US

How would you describe the weather in Bengaluru, and how does it affect your daily life?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at WhatsApp us on 9591233247 or mybangaloremirror@timesofindia.com

Mysuru moves to protect legacy from droppings

After discussion, decision taken to stop allowing pigeon feeding near Mysore Palace

Sridhar.Vivan
@timesofindia.com
TWEETS @sridharvMIRROR

As Mysuru prepares to welcome global visitors for Dasara next month, officials are grappling with an unexpected challenge—managing the city's growing pigeon population. The issue has stirred debate among locals, leading to a recent meeting in Mysuru to determine whether feeding pigeons should continue. A mediation led by local Member of Parliament Yaduveer Krishnadatta Chamaraja Wadiyar resulted in a decision to halt pigeon feeding near the Anjaneyaswamy Temple by the Mysore Palace, effective from Monday.

For years, pigeons have been fed daily in this area, but after eating, they would perch on statues and heritage buildings around the palace, causing damage. Environmentalists raised alarms over the impact on these structures. At Sunday's meeting, held in front of the temple, local stakeholders gathered under MP Yaduveer's leadership to address the issue: The consensus was to stop feeding the pigeons.

Historian professor NS Rangaraju said pigeons should find food naturally and criticised feeding them during events like weddings and photoshoots, which he said harms the city's heritage buildings. He pointed out that the uric acid from pigeon droppings poses a serious threat to the structures, including the Maharaja statues near the palace.

Population rise

BS Prashanth, president of the Mysore Associations Federation, said the pigeon population, which was once around 300, has now swelled to over 3,000. Dead pigeons attract predatory birds like kites, which have created about 300 holes in the structures. Dr Madhu raised concerns about health risks from droppings, such as skin diseases and allergies.

To enforce the decision, signs will be posted near the palace, and penalties will be imposed on violators, according to R Raghu, former president of the Karnataka Exhibition Authority.

Gangadhar Gowda, a tourist operator in Mysuru, said, "This is a necessary step towards preserving our city's historical legacy. While feeding birds might seem harmless, the unintended consequences have led to significant damage to our heritage structures. The increase in the pigeon population has intensified this problem. Our priority must be to protect these irreplaceable assets for future generations. Feeding pigeons disrupts their natural behaviour and leads to environmental imbalances."

He said the decision was not just about pigeons; but also to ensure Mysuru retains its status as a city of heritage and history. "The preservation of our cultural landmarks should always take precedence over well-intentioned, but harmful practices."

However, Sukruti D, a college student said, "Stopping the practice of feeding pigeons near Mysore Palace is an emotional and cultural setback.

"For many, feeding pigeons is a longstanding tradition, rooted in religious and cultural beliefs. It symbolises kindness, compassion, and an opportunity to connect with nature. Moreover, pigeons, like all creatures, deserve care in an increasingly urbanised environment. Instead of banning the practice, we should focus on solutions that allow both wildlife and heritage buildings to coexist. For instance, designated feeding zones away from the palace could provide a compromise," she said. She added that penalising people for feeding pigeons undermines the spirit of inclusivity and compassion that Mysuru is known for. "There are ways to protect our heritage without sacrificing the values that define our humanity."

Activists opposed the ban on feeding grains to pigeons at the North Gate of the Mysuru Palace

> **"Our priority must be to protect these irreplaceable assets for future generations. Feeding pigeons disrupts their natural behaviour**
>
> –Gangadhar Gowda, tourist operator

IN HIGH COURT

'Record statements before notice to accused'

Rachana Ramesh
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@timesofindia.com
TWEETS @BangaloreMirror

The High Court has clarified the procedure to be followed by magisterial courts when issuing notices on complaints under Section 223 of the BNSS. The court emphasised that the opportunity of hearing provided to the accused in this provision is not a mere formality and is essential for taking cognizance of the case.

Section 223 BNSS deals with the examination of complaints and requires the magistrate to examine the complainant and any present witnesses under oath when taking cognizance of an offence based on a complaint. The substance of this examination must be recorded in writing and signed by the complainant, witnesses, and the magistrate. The first proviso states that the magistrate cannot take cognizance of an offence without giving the accused an opportunity to be heard. The order was passed by the court while hearing a petition filed by BJP leader and MLA Basanagouda R Patil (Yatnal), who challenged the notice issued to him by the magisterial court in a defamation complaint filed by Shivananda S Patil. The petitioner claimed that the notice did not follow the proper legal procedure.

No discord here

The High Court recently allowed a plea by five men to quash an FIR lodged against them for allegedly promoting enmity between different groups and doing acts prejudicial to the maintenance of harmony. The court emphasised that "sloganeering 'Bharat Mata Ki Jai' would only lead to harmony and never a discord".

The petitioners claimed that they were attacked by 25 persons on June 9 after celebrating the oath ceremony of Prime Minister Narendra Modi. They alleged that they were questioned by the group for raising slogans of 'Bharat Mata Ki Jai', and two of them were stabbed.

Halt to journalist's case probe

The Karnataka High Court has temporarily halted further investigation into a case filed against journalist Rahul Sivasankar regarding his tweet about the State government's allocation of funds for the welfare of religious minorities. The interim order was passed by a single judge bench of Justice M Nagaprasanna on Friday.

Sivasankar had approached the court seeking to quash an FIR based on a complaint by Kolar councillor N Ambaresh about Sivasankar's "sarcastic" tweet.

Traffic diversion on MEI Road

In light of white-topping work by the BBMP on MEI Road, under the jurisdiction of Yeshwanthpur Traffic Police Station, traffic diversions have been implemented.

The MEI Road, which runs from Kanteerava Studio Main Road to Tumkur Main Road, usually operates as a two-way traffic route. While vehicles traveling from Tumkur Road towards Kanteerava Studio can continue using the left side of the road, all vehicles moving from Kanteerava Studio Main Road towards Tumkur Road (south to north) will be temporarily restricted from October 1.

Alternative routes:

- Vehicles traveling from Kanteerava Studio Main Road via MEI Road towards Tumkur Road are advised to take Kanteerava Studio Main Road, make a right turn at FTI Junction, and reach Tumkur Road via CMTI Junction through Outer Ring Road.
- Vehicles heading towards Bengaluru City from Kanteerava Studio Main Road via MEI Road can take Kanteerava Studio Main Road, proceed via Shankarnagara Main Road, make a left near Vasudha Dental Clinic in Mahalakshmi Layout.

4 GST officials in dock

A case of extortion was registered at the Byappanahalli Police Station against four GST officials, who were accused of extorting 1.5 crore from a local businessman, on September 9. The case was subsequently taken up by the Central Crime Branch (CCB), leading to the swift arrest of all four officials.

Following their interrogation, the CCB apprehended two persons on September 19 and 20, which resulted in the seizure of 69 lakh in cash and 300 grams of gold, valued at approximately 93 lakh.

Further investigations are ongoing, and all six accused remain in custody.

Seer blackmail: 2 women held

The Central Crime Branch (CCB) arrested two women on Wednesday for allegedly blackmailing Rudramuni Swamiji of the Shadakshara Mutt with a fabricated video, demanding a ransom of 6 crore. The accused, Vidya Biradar Patil, 35, and Pallavi DB, are now in CCB custody, while a third accused, Surya Narayana, is still at large.

According to the complaint filed by the seer, Patil contacted him on August 31, claiming to be the Chairperson of the Karnataka Information Commission and the sister of Lokayukta Justice BS Patil. She informed him that a complaint, filed by Pallavi and Surya Narayana, had been submitted against him, supported by video evidence. Vidya then demanded 6 crore to drop the charges.

Rs 2 lakh fine for violations

The Traffic Police conducted a targeted operation addressing specific traffic rule violations between 12.30 pm and 3 pm on Friday.During this special drive, a total of 390 cases were booked, resulting in fines amounting to 2,10,500. This included 158 cases for No Entry, with fines totalling 76,600, 149 cases for violations against One Way, generating 75,000 in fines, 22 cases for raiding on footpaths, with 10,200 collected and 61 cases for wrong parking, amounting to 48,700.

Traffic police urge food aggregators to follow rules

The traffic police have initiated a special operation targeting food delivery executives from Wednesday. Over the course of the operation, vehicles were inspected, resulting in 145 cases registered against food delivery drivers for violating various traffic rules under the Indian Motor Vehicle Act of 1988. The operation aimed to ensure the safety of passengers and pedestrians alike, with officers urging food aggregators to adhere to traffic laws diligently.

Prohibition order for Kannada

Language test: In a bid to ensure the smooth conduct of the mandatory Kannada language test for the direct recruitment of Village Administrative Officers, City Police Commissioner B Dayananda has issued a prohibition order effective from September 29. The order designates a 200-metre radius around all examination centres as prohibited area, restricting access to maintain order and security.

As per Order No. C.S.B. (Field)/ Prohibition/Examination/32/2024, all photocopy shops in the vicinity are required to close starting from 7 am until the test concludes. **BMB**

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CHANGE OF NAME

I K Pritam Kabui r/o house #40, 3rd floor ,Babanager, AFS Yelahanka Bangalore-560063 have changed my name to Kamei Pritam Kabui

I Kamei Pritam Kabui r/o house # 40, 3rd floor , Babanager, AFS Yelahanka Bangalore-560063 have changed my daughter's name from K Naima Kabui to Kamei Naima Kabui

I, Poojar Yashashwini Dayanand, D/o. Dayanand Kumar, R/o. No.110, Elite Abhudhaya-1, 1st Floor, Celebrity Rd, Doddathoguru, E. City, Phase-1, B'lore-100, have changed my name to YOGITHA DAYANAND POOJAR vide affidavit Dtd: 27/09/24 before Notary M. Rajendra, B'lore.

I, CHANDRA SHEKAR NAGAPPA REDDY S/o Nagappa Reddy R/at No.69, Bilishivale Main Road, Doddagubbi, Bangalore- 560077, have changed my name to CHANDRASHEKAR vide affidavit dated: 27/9/2024 Before Notary H.S.Sakalesh Aradhya Bangalore.

I, SYED MOHAMMED ABDULLA, Residing at No. 18, 21st Main, Gopal Reddy Layout, J.P. Nagar 5th Phase, Bengaluru - 560078, have changed my name to SYED MOHAMOOD ABDULLAH, vide affidavit dated: 27.09.2024 before notary V. RAJASHEKHARA, Bengaluru.

I, Hemant Kumar Hukam Singh Chitodiya, S/o. Hukam Singh Chitodiya, R/o. KA 2002, Salarpuria Greenage Apt, Hosur Road, Bommanahalli, B'lore-068, have changed my name to HEMANT KUMAR CHITODIYA vide affidavit Dtd: 27/09/24 before Notary M. Rajendra, B'lore.

I, Sadiq Pasha Ghouse S/o Mohammed Ghouse R/o No. 14/1-6-1, 1st Cross, Grape Garden, Ejipura, Viveknagar Post, Bangalore - 560047. Have Changed My Name from Sadiq Pasha Ghouse to Sadiq Pasha

I, Prashantha C S S/o Shivananjegowda C L, R/at # Chattenahalli village,Lalana - kere Post, Nagamangala Taluk. Mandya,Karnataka 571802 have changed my name to Prashanth C S, for all purposes

I, Abhijith Dhanrup Chand Mehta R/o No 6/3 Mehta House 9th Cross Laxmi Road Shanthi Nagar Bengaluru - 560027 have changed my minor daughter's name from Deshna to Deshna Mehta.

I, HEBBUR NARASIMHA MURTHY RAMA (Old Name) W/o VIJAYA SHANKAR K S, No 46,G- 101, Srinidhi, 4th Cross, Venkatadri Layout, D S Palya, Bengaluru- 560076. have changed my name to RAMAMANI HEBBUR NARASIMHAMURTHY (New Name) for all purposes vide affidavit dated: 27/9/2024 Before Notary K V Mani Bangalore.

I, Santosh Kumar Vasudev Naik S/o Vasudev R/o D-301 Hoysala Habitat Harohalli Yelahanka B'lore-560064 have changed my name to Santosh Naik for all purposes.

I, Kaja Gareban Nawaz, R/at No.967/147/2, 2nd Cross, 2nd Floor, Andramuniyappa Lay out, Bangalore-560043, have changed my name to Kaja Gareb Nawaz, For All Purposes

I Raja S/O, Muniswamappa R/o # 33, 1st Cross Sanajayanagar, Marathahalli Bangalore 560037 have changed my name to Raja.m.

I, Venkateswarulu.T J. R/O No 302/302, Byregowda Building, 2nd Floor, House No 11, Rama Mandira Road, Kodigehalli, Blr-92 changed my name from Venkateswarlu. T J. to Venkateswarulu.T J. for all future purposes

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Gold heist: Series of thefts, several arrests

Across city, police nab individuals involved in robbery, burglary, chain-snatching

Sanjana CS
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TWEETS @BangaloreMirror

The police have apprehended several persons involved in thefts, be it of gold or other valuables, across the city. Police Commissioner B Dayananda said in a statement that gold-snatching incidents have been reported in various areas.

In one incident, a factory in Peenya was broken into and cash, laptop and documents were stolen. The factory owner Fiyudadar reported the burglary on May 7. He said that ₹55,000 in cash, a laptop, and important documents were missing. The Rajagopalnagar Police officials registered a theft case.

They arrested a suspect near the Peenya 2nd level bus stand on September 19, recovering three gold chains and one gold bracelet weighing a total of 41 grams. The arrested individual confessed to the thefts, revealing a broader network of crimes spanning multiple areas in the city.

The accused was presented in court and remanded into police custody for further questioning. Under interrogation, he confessed to stealing gold ornaments from various locations throughout the city, indicating that he had transferred the stolen items to an accomplice.

The investigation continued, leading to the detention of the accomplice on September 21, near the Devanahalli bus stand. This individual disclosed that he had mortgaged a gold ornament weighing 35 grams at a jewellery shop in Melkote, Doddaballapur, while 64 grams of gold was mortgaged at a bank in Devanahalli. The items were retrieved subsequently.

Police searched a Hosguddahalli location in September linked to an arrested suspect, recovering 80 grams of gold and an additional 25 grams mortgaged at a Ramnagar finance company, totalling 245 grams of gold and a two-wheeler worth ₹14 lakh involved in the crime.

Chain thief arrested

Whitefield police addressed a separate chain theft case from September 4, where a retail shop owner in Vinayaka Nagar reported that a person posing as a customer had snatched a 48-gram gold chain from her neck.

The Whitefield Police arrested a suspect on Hagadur Main Road on September 14, recovering the stolen 48-gram gold chain. The accused admitted to the crime and further revealed his involvement in another theft where he had taken a 29-gram gold chain from Hanumantanagar, which was subsequently recovered.

The police also seized a two-wheeler used in the commission of the crimes. The accused was remanded to judicial custody following his court appearance on September 20.

Snatched

Talaghattapura police handled a case of gold chain snatching on September 12. A woman reported that two men had stolen a 32-gram gold chain while she was walking on BDA Road. Quick action by the police led to the arrest of both suspects on September 13, near Konanakunte Cross. Both the accused confessed to the theft and indicated that they had sold the chain to a jewellery shop in Hoskerehalli. The police successfully recovered the stolen item, valued at ₹1.5 lakh, and both suspects were remanded to judicial custody.

In 1 case, accused not only confesses to thefts, but also reveals broader network of crimes spanning multiple areas in city

Two-wheeler thief nabbed

KR Puram police arrested a man involved in a spree of two-wheeler thefts across the city, recovering 30 stolen vehicles valued at ₹22.50 lakh. The investigation began after a complainant from Kowdenahalli reported that his two-wheeler was stolen from in front of his house on the night of June 28.

On September 15, police apprehended the suspect. During interrogation, the accused confessed to stealing several two-wheelers in both the city and the surrounding rural districts.

Further investigation has linked the suspect to six theft cases across multiple police stations in Bengaluru.

Rare dholes spotted in Chincholi

A recent scientific study conducted by Dr Sanjay Gubbi and his team from the Nature Conservation Foundation and the Holématthi Nature Foundation has made notable discoveries regarding dholes (Cuon alpinus) in the Kalyana-Karnataka region, specifically within the Chincholi Wildlife Sanctuary (134.8 km²). The camera trapping study, carried out between October and November 2023 to assess the leopard population, unexpectedly recorded the presence of dholes, alongside 24 other wild mammalian species in the Kalaburagi district sanctuary.

Camera trap captures a sighting of dholes

Gubbi said, "The dholes were not limited to the sanctuary; they were also observed in the adjacent reserved forests of Devagiri-Changler, Saalebeeranahalli, and Bashipur in the Bidar district. The presence of dholes in both Kalaburgi and Bidar districts is significant, as it confirms the area's unique distinction of hosting all four canid species found in Karnataka: dholes, wolves, golden jackals, and Bengal foxes."

Dholes, classified as an Endangered species by the IUCN (International Union for Conservation of Nature) Red List, have fewer than 2,500 mature individuals remaining, making them potentially rarer than tigers across their distribution. **-BMB**

Highly recommended: ISI-marked helmets

CONTINUED FROM PAGE 1

helmets, road safety, traffic rules etc. Poor quality helmets may only cover the head, but they often do not stay in place during a crash, leading to potentially fatal consequences," she said adding ISI marked helmets are recommended to be used to the motorists by the traffic police.

Many motorists are opting for poor-quality helmets just for the sake of compliance, but these helmets offer little protection.

"As of now, we are focusing on raising awareness rather than booking cases. It's crucial for motorists to understand the difference between full helmets and half helmets. While we're not issuing challans at this stage, we believe that educating the public about the quality of helmets is necessary. We may consider enforcing stricter measures in the future if required," said Deputy Commissioner of Police Traffic East Kuldeep Kumar Jain.

Why ISI marked helmets?

The traffic police, during their awareness drive, are educating riders to switch to ISI-marked helmets, which adhere to safety standards mandated under the Motor Vehicles (MV) Act.

An ISI-marked helmet is certified by the Bureau of Indian Standards (BIS) and complies with the safety standards, ensuring proper protection for riders in case of an accident. The ISI certification guarantees that the helmet has undergone rigorous testing for impact resistance and shock absorption, minimising the risk of severe head injuries.

Tree felling officer at the ready

CONTINUED FROM PAGE 1

was recommended that three trees should be relocated and the remaining 19 can be cleared.

"As per the recommendation of the tree expert committee, three out of 22 trees causing disturbance to the construction work in the private premises are to be relocated to a suitable place and 19 trees are to be felled," said the order copy by tree officer.

As per the SOP by BBMP, the Assistant Conservator of Forests and Tree Officer can be approached with prescribed documents to fell or remove trees. For avenue trees that are supposedly causing inconvenience to the public in the use of pavement and public places, an applicant can give reasons with the application along with photographs. In the case of private spaces, an applicant can give reasons for the application along with photographs and supporting documents of ownership with attested copies to be submitted along with Form-I.

Look at root cause

City-based tree experts say that even if the trees being removed are weak and pose a danger to life and property, BBMP must look at the root cause of the issue. Avenue trees are getting weak and branches are falling due to mismanagement and lack of care.

"Avenue trees in the city are not being managed. While branches are hacked indiscriminately by BESCOM when they start touching overhead electric wires, BBMP and BWSSB damage roots for pipe laying or road development projects. Then umpteen numbers of trees are concretised up to their trunk and have no breathing space. While these actions are damaging trees, they are receiving no treatment or care to keep them healthy," said Dattatraya Devare, trustee of Bangalore Environment Trust.

Social media platforms may be used as tool by predators, facilitate sexual assault in kids: Study

Dangerous web

Social media platforms like Instagram and Snapchat offer benefits for teens but also can be used as a tool by predators online as about 7 per cent of more than 1,000 teens who disclosed sexual abuse reported that social media was used to facilitate the assault, a new study said on Friday.

The research, presented during the American Academy of Pediatrics 2024 National Conference & Exhibition, found that, when accounting only for victims whose perpetrators were not related to them, an even higher percentage – 12 per cent -- reported that social media facilitated sexual assault.

The team evaluated children 10 to 18 years of age who disclosed sexual abuse at Rady Children's Hospital Chadwick Center for Children and Families between 2018 and 2023.

They defined "social media facilitated sexual assault" as occurring when social media is used for communication between a victim and perpetrator that leads to sexual assault.

Miguel Cano, a child abuse paediatrician and author of the research, said that adolescents are increasingly living their lives in digital spaces.

"Although there are benefits to the use of social media such as connecting with people and keeping in touch with family and friends across the globe, there are many well documented dangers as well," Cano added.

According to the study, dangers include meeting strangers online or being subjected to various forms of maltreatment including emotional abuse, cyber bullying, harassment, threats, exposure to sexual content, and being victims of online sexual abuse.

Instagram and Snapchat were the two most commonly reported social media platforms used. However, multiple platforms were reported.

With few oversights and regulations, parents, paediatricians and anyone who cares for children need to understand this danger and need better tools and resources to help keep children safe from predators on social media, Cano stressed. **IANS**

Meta slapped with fine for 2019 security lapse

Meta was punished Friday with a fine worth more than $100 million from the social media giant's European Union privacy regulator over a security lapse involving passwords for Facebook users.

The Irish Data Protection Commission said it slapped the U.S. tech company with the 91 million euro ($101.6 million) penalty following an investigation.

The watchdog started investigating in 2019 after it was notified by Meta that some passwords had been inadvertently stored internally in plain text, which means they weren't encrypted and it was possible for employees to search for them.

Deputy Commissioner Graham Doyle said it's "widely accepted" that user passwords should not be stored in plain text, "considering the risks of abuse."

Meta said a security review found that a "subset" of Facebook users' passwords were "temporarily logged in a readable format."

"We took immediate action to fix this error, and there is no evidence that these passwords were abused or accessed improperly," the company said in a statement. "We proactively flagged this issue to our lead regulator, the Irish Data Protection Commission, and have engaged constructively with them throughout this inquiry."

It's the latest in a series of hefty fines for Meta and its social media platforms from the Dublin-based watchdog, which is the company's lead regulator under the 27-nation EU's stringent data privacy rulebook.

They include a 405 million euro fine for Instagram over mishandling teen data, a 5.5 million euro penalty involving WhatsApp and a 1.2 billion euro fine for Meta over transatlantic data transfers. **AP**

Cycling union cracks down on use of tech to cheat

The International Cycling Union has promised financial rewards in return for intelligence to help uncover anyone using technology on bikes to cheat, the governing body said on Friday.

The UCI said it would offer rewards to root out technological fraud, the "use of engines or other methods of propelling bicycles", which has been a serious concern in cycling over the last 15 years.

Earlier this year, the UCI appointed a former criminal investigator as its Head of the Fight Against Technological Fraud, and it now wants to go further.

Bikes are regularly checked in the biggest races with infrared-equipped tablets, although no top names have yet been caught for technological fraud.

"The Management Committee approved the launch of a rewards programme to strengthen its fight against technological fraud.

The aim of the programme will be to encourage people with information on this subject to share it - confidentially - with the UCI in exchange for a financial reward," the UCI said in a statement as it presented its 'Rewards Programme', also known as FATF-RP.

"To incentivise the reporting of actionable intelligence related to technological fraud in cycling, the FATF-RP provides various types of rewards to eligible individuals..."

The governing body specified that rewards included material support, financial assistance and monetary or value reward.

"These measures are designed to appropriately compensate individuals or entities which contribute valuable information that aids in the detection, prevention, or investigation of fraudulent activities," the UCI's policy on the Rewards Programme states.

"The extent of the compensation or value shall take into consideration the material effort and potential investment put forward by the source as well as the potential risk of hardship or repercussion from such disclosure." **Reuters**

BITS & BYTES

BUG-HUNTING AT APPLE

Apple is reportedly in the process of testing iOS 18.0.1 for iPhones and this latest version appears to be a minor update aimed primarily at resolving several bugs that have affected users since the release of iOS 18.

According to MacRumours, among the key issues expected to be addressed in this update are touchscreen problems impacting the newly launched iPhone 16 series and some previous models.

Additionally, users have reported a frustrating bug within iMessage where a shared Apple Watch face can cause the application to crash repeatedly. **IANS**

CISCO UNIT IN INDIA

Global networking giant Cisco on Friday inaugurated its first manufacturing facility in India, that will help the company generate more than $1.3 billion annual revenue in combined exports and domestic production, along with creating 1,200 jobs.

Cisco has collaborated with homegrown contract manufacturer Flex to successfully build the facility and bring advanced telecom technology that can help connect citizens in India and globally. "The inauguration of the Cisco's manufacturing facility in India producing advanced telecom equipment is a testament to the country's growing Atmanirbharta," said Union Minister Jyotiraditya Scindia. **IANS**

IT STOCKS ON A HIGH

Indian frontline equity indices were trading near record highs as heavyweight IT stocks like Infosys, Wipro, TCS and Tech Mahindra gained after a positive revision of Accenture's revenue guidance for FY25.

At 9:49 a.m., Sensex was up 94 points or 0.11 per cent at 85,930 and Nifty was up 46 points or 0.18 per cent at 26,262.

Sensex and Nifty made a new all-time high of 85,966 and 26,271 respectively in early trade. The broader market trend remained positive. On the National Stock Exchange (NSE), 1,448 shares were in the green and 824 shares in the red.

Buying was also seen in the midcap and smallcap stocks. **IANS**

HEALTH TIP: Antioxidants are the compounds that help fight any cell damage and protect the body from oxidative stress

Turmeric milk has anti-inflammatory properties that aid in managing different digestive problems

BEYOND DRINKING WATER

What Indian women need to know about hydration

Hydration goes beyond just drinking water, especially for Indian women who often face busy lifestyles, an extreme climate, and unique nutritional needs. Proper hydration is vital to maintain energy levels, skin health, digestion, and overall well-being. Here's what Indian women need to know about hydration beyond just sipping water:

1 Electrolyte Balance Matters

Why it's important: In hot and humid regions of India, sweating causes a loss of essential electrolytes such as sodium, potassium, and magnesium. Without replenishing these, you might feel fatigued, dizzy, or experience muscle cramps.

Actionable step: Incorporate coconut water, lemon water with a pinch of salt, or electrolyte-rich drinks such as buttermilk (chaas) to restore balance. These natural remedies help hydrate while providing vital minerals.

2 Hydrate With Fruits and Vegetables

Why it's important: Many fruits and vegetables are rich in water content and help maintain hydration levels. Watermelon, cucumbers, oranges, and strawberries are excellent choices for staying hydrated while providing essential nutrients.

Actionable step: Snack on water-rich foods such as cucumbers, tomatoes, and melons, or add them to meals in the form of salads or smoothies.

3 Avoid Diuretics

Why it's important: Beverages such as tea, coffee, and certain herbal infusions are diuretics, meaning they increase urine production and can lead to dehydration. While moderate consumption is fine, relying too much on these drinks can affect hydration levels.

Actionable step: For every cup of tea or coffee you consume, have an additional glass of water to balance the diuretic effect.

4 Stay Hydrated During Exercise

Why it's important: Exercise, especially in India's warm climate, causes fluid loss through sweat. This loss can lead to dehydration, impacting performance and recovery. Hydrating before, during, and after a workout is essential for muscle function and stamina.

Actionable step: Drink water before starting your workout, and take small sips during exercise to stay hydrated. After working out, consider rehydrating with water or an electrolyte drink.

5 Listen To Your Body's Signals

Why it's important: Thirst is an indicator of dehydration, but waiting until you're thirsty to drink means you're already slightly dehydrated. Factors such as age, health conditions, and climate can impact how much water your body needs.

Actionable step: Pay attention to signals such as dry lips, headaches, or fatigue, which might indicate dehydration. Aim to drink water consistently throughout the day, not just when you feel thirsty.

6 Monitor The Colour Of Your Urine

Why it's important: The colour of your urine is a great indicator of your hydration status. Ideally, it should be a pale yellow. Dark yellow or amber urine can indicate dehydration, while overly clear urine might suggest overhydration.

Actionable step: Keep an eye on the colour of your urine as a simple and effective way to monitor your hydration levels. Adjust your fluid intake accordingly.

7 Incorporate Hydrating Spices And Herbs

Why it's important: Indian cuisine offers a range of spices and herbs that promote hydration. For example, fennel seeds (saunf) and cumin seeds (jeera) are cooling and support digestion, reducing the risk of dehydration from stomach discomfort or heat.

Actionable step: Brew herbal teas such as cumin or fennel seed water. Simply boil the seeds and strain the water to create a soothing and hydrating drink.

8 Keep Hydrated For Skin Health

Why it's important: Staying hydrated keeps the skin supple and improves its appearance. In Indian women, pollution, extreme weather, and skin issues such as dryness or acne can be influenced by hydration levels.

Actionable step: Hydrate both internally and externally. In addition to drinking water, apply moisturisers that lock in hydration, especially in dry or hot climates.

9 Hydrate For Special Life Stages

Why it's important: During pregnancy, breastfeeding, and menopause, a woman's hydration needs changing. Pregnancy increases fluid needs to support both the mother and the baby, and breastfeeding requires additional fluids to compensate for milk production.

Actionable step: During these stages, consciously increase your fluid intake by consuming water, soups, fresh juices, and hydrating foods such as yoghurt.

10 Hydrate Beyond Water With Milk, Soups, And Traditional Indian Drinks

Why it's important: Traditional Indian drinks such as lassi, spiced buttermilk (chaas), and various soups (such as rasam or dal ka paani) not only provide hydration but also offer nutrients such as probiotics, proteins, and electrolytes.

Actionable step: Add these nourishing liquids to your daily routine, particularly after meals or during hot weather to stay hydrated without just relying on plain water.

Hydration is about more than drinking water; it's about maintaining an overall fluid balance. For Indian women, cultural habits, lifestyle, and climate all play roles in how hydration is managed. Tailoring hydration strategies to these factors can help boost energy, improve health, and enhance daily performance.

Dietician Dr Archana Batra, for Femina

Disclaimer: All views are the author's own.

All you need to know about...

Lip care

Rose
Rose has three main medicinal properties: soothing, cooling, and moisturising. Rose will also help add a natural pink tint to your dark lips.
DIY lip balm: Mix one drop of rose water with a few drops of honey and apply it on your lips. Do this three to four times a day.

Beetroot
Beetroot has natural bleaching properties that can lighten dark lips.
DIY lip balm: Apply fresh beetroot juice on your lips before going to bed. Wash it off the next morning. The natural red colour of the juice will turn your dark lips rosy. Do this daily and see the difference.

Pomegranate
Pomegranate nourishes and moisturises dry and dehydrated lips as well as helps restore their natural pink colour.
DIY lip balm: Mix together one tablespoon of crushed pomegranate seeds, milk cream and rose water. Apply this paste on your lips and gently scrub for a few minutes. Wash it off with lukewarm water.

Cucumber
Cucumber works as a skin-lightening agent that can make your lips, as well as your skin lighter. That is why it is often used over the eyes during a facial to reduce dark circles.
DIY lip balm: Simply rub a slice of cucumber against your lips gently so that your lips absorb the juice. Do this for five minutes each day.

Almond oil
Almond oil is a widely used home remedy to treat dark lips due to its softening and moisturising properties.
DIY lip balm: Mix five or six drops of almond oil with one tablespoon of honey and put it on your lips whenever they feel dry. In a few days you will notice that your lips are turning softer and smoother and have a natural pink glow.

—Femina

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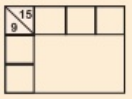
@BangaloreMirror

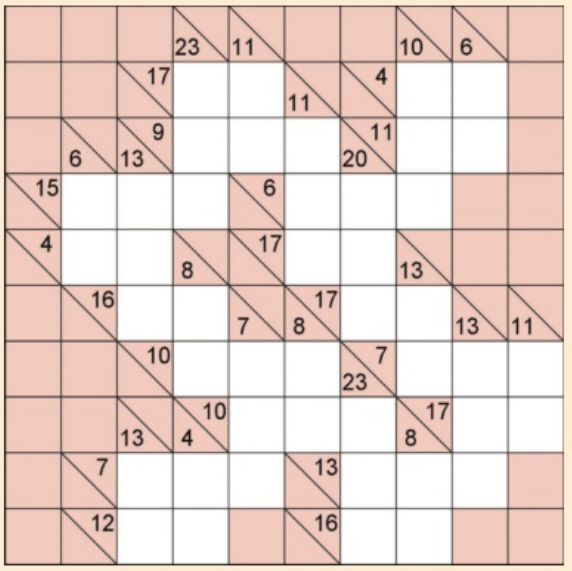
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

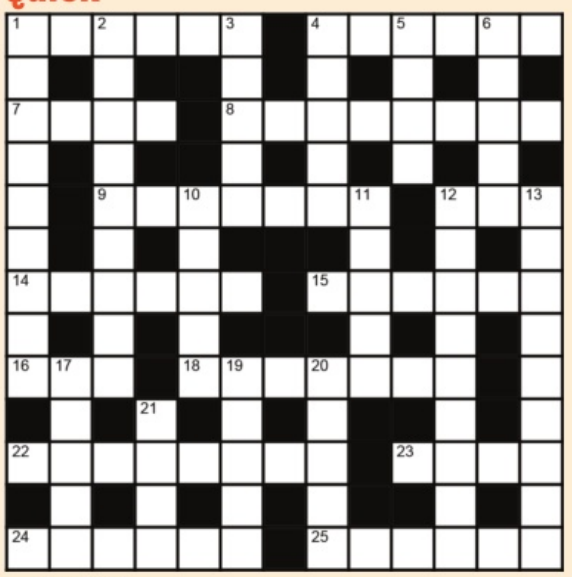


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Lazy sort of industrial action? (2-4)
4 Whinnies (6)
7 Serving plate (4)
8 Brutal (8)
9 Optimistic or confident (7)
12 Soapy water or soap bubble (3)
14 Writing or entering (6)
15 Pardons (6)
16 Japanese sash (3)
18 Captain (7)
22 Having rickets (8)
23 Understanding term? (1,3)
24 If it comes to the ___ : in a crisis or at the last moment, in a way? (6)
25 Bursts of activity (6)

DOWN

1 Concentrate fully on? (3,4,2)
2 Type of pasta (9)
3 Give up intentionally (5)
4 First prime minister of India (5)
5 P. Simon's '_ __ _ Rock' (1,2,1)
6 Follower of major Indian religion (5)
10 Small lakes (5)
11 Receive enthusiastically? (3,2)
12 Unexpected events or actions (9)
13 Tragedies (9)
17 Ex-British PM (5)
19 Desert region of Gujarat (5)
20 Where beer guzzling classic rockers hang out off Brigade Road (5)
21 Asian noble's title (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: T EQUALS Y

CDLR TZH NZBQAEL, TZH AR RZ CXT FDXRQL JDL IXVJ-UHJ TZH VHBL GZ FDXRQL JDL NHJHBL.

Linemaro

You remind me of a magnet: I felt an irresistible pull

Mindchow

People with the greatest advice usually have the most problems

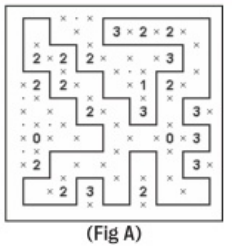
Joke of the day

The pessimist sees only darkness in the tunnel. The optimist sees the light at the end of the tunnel. The realist sees that the light is the train. The train driver sees three idiots on the tracks

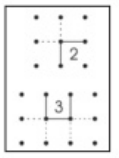
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

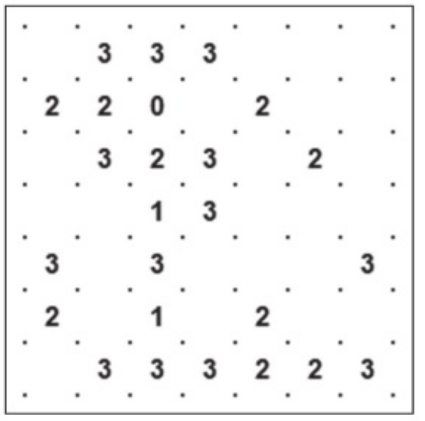


(Fig B) Not Allowed

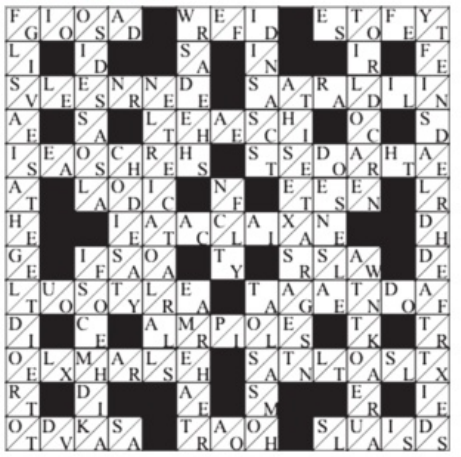
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6				
7				
8				
9				Y

ACROSS

1 Map as; 6 The Al;
7 Scare; 8 She is;
9 Hay PP

DOWN

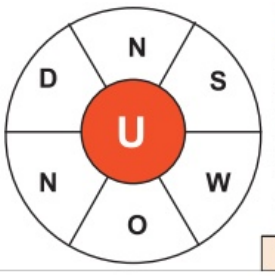
1 S Hals; 2 A chap;
3 Tapir; 4 Heeps;
5 My Ess

Mensapuzzle

Solve this rebus:

THINK ACT

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 06 Outstanding

SudokuChallenge

	4	3				6	1	
5								9
		8		4		7		
1		4	2		3	5		7
7		2	8		6	9		4
		7		6		1		
6								8
	9	5				3	4	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

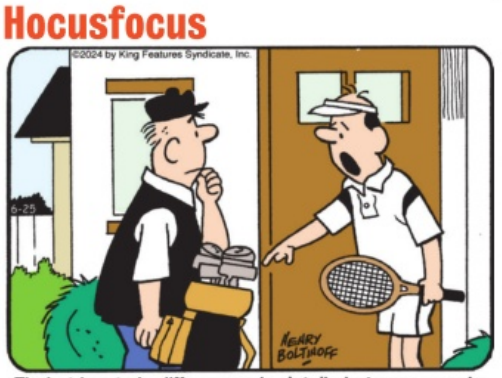
Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy ☐☐☐☐☐☐☐ = 12
3 4 5 7

Medium ☐☐☐☐☐☐☐ = 21
2 6 9 9

Hard ☐☐☐☐☐☐☐ = 8
2 7 9 6

Hocusfocus



Find at least six differences in details between panels.

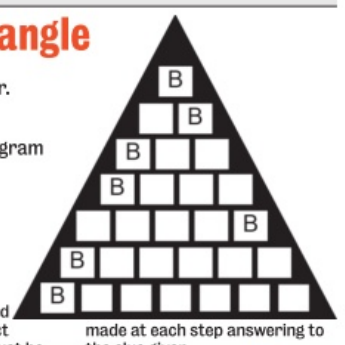
Differences: 1. Golf bag strap is missing. 2. Racket is moved. 3. Fence is shorter. 4. Sleeve is shorter. 5. Shorts are longer. 6. Window is different.

Riddler

Which Formula 1 driver VENTILATES BEAST?

Alpha triangle

1 Second grade
2 Able-bodied, abbr.
3 Vaulter's goal
4 Stand
5 Drug-kicking program
6 Respiration
7 Width

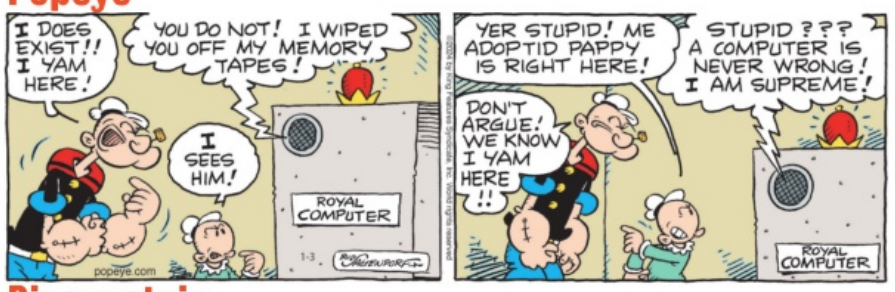


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


I DOES EXIST!! I YAM HERE!
YOU DO NOT! I WIPED YOU OFF MY MEMORY TAPES!
I SEES HIM!
ROYAL COMPUTER
popeye.com
YER STUPID! ME ADOPTID PAPPY IS RIGHT HERE!
STUPID ??? A COMPUTER IS NEVER WRONG! I AM SUPREME!
DON'T ARGUE! WE KNOW I YAM HERE !!
ROYAL COMPUTER

Bizarrotrip

Wayno & Piraro 6-25-24
Do you think my farm would qualify for a government subsidy?
BOOK
Dist. by King Features
BIZARRO.COM
©2024 Bizarro Studios

Diamond Lil

HEY, SURLI, WHAT DO I DO FOR A BAD SUNBURN?
OK, HERE'S WHAT I FOUND...
WRITHE IN AGONY, AND THEN PEEL
©2024 creators.com 6/25
www.creators.com

Hart of the city

BUT SINCE YOU HAVE THIS CRUSH, DO YOU NEED A REFRESHER ON BODY AUTONOMY?
CONSENT??
MOTHER, I THINK YOU'VE OVERSTAYED YOUR WELCOME.
OKAY, OKAY. I'M PUMPING THE BRAKES!
HEART OF THE CITY © 2024 ANDREWS MCMEEL

Crankshaft

WHAT ARE ALL OF THESE BOXES?
THAT ONE'S MY DESK... THE ONE IN THE CORNER IS A TV STAND... AND THE ONE BY THE CHAIR IS AN END TABLE...
6-25
WE NEED TO DO SOMETHING ABOUT THIS!
THAT SOUNDS EXPENSIVE.
BATIUK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today will be a busy day for you in terms of work, overload may make you tired but you will enjoy your work. You are advised not to spend money on worthless things. You may be more polite with your family, friends and loved ones. You may also get good news from family members.

Taurus Apr 21 – May 20
Today blessings from elders will give you confidence. You shall follow your intuition before taking any initiatives which will help you in your work. Your intuition will help you to gain more in terms of finance. You will plan to visit a religious place with your family members. You shall control your arrogance to enjoy your domestic life. Students will expect good results with the help of destiny.

Gemini May 21 – Jun 21
Today, you may feel happy and you will enjoy your work. Afternoon onwards, negative feelings will make you feel dull. You might expect a domestic argument. You shall avoid lending money to anyone, as it might not be recoverable easily. You will analyse yourself and figure out your negativities. Occult sciences will attract you today in terms of study.

Cancer Jun 22 – July 23
Today you are blessed by the moon. You will be in a very good mood this morning. You will be more romantic and it will fill harmony in your domestic life. Your patience will help you to do your best professionally. You will see coordination with your colleagues and business partners.

Leo Jul 24 – Aug 23
You will be successful in controlling leakage and worthless expenditure, and new sources of income may likely be opened that will boost your bank balance. You should be careful with your kid's health. Singles can see unexpected progress in terms of marriage. People related to travel, diplomats, and supply chains will do better. You should be careful about stomach issues.

Virgo Aug 24 – Sep 23
Today your plans will not work on the professional front, which will make you arrogant. You should try to avoid making important decisions in terms of investment and relationships. Couples and love birds should try to avoid making arguments to maintain harmony in the relationships. Students should not choose shortcuts in their studies.

Libra Sep 24 – Oct 22
Today's moon will make you more sensitive and emotional. You should avoid investing in real estate or other assets. You should take care of your parent's health. You will expect delays in your work, you shall face it with patience. On the professional front, you should not be indecisive.

Scorpio Oct 23 – Nov 22
Today you will be glad, you will be able to maintain a balance between your earnings and expenditures which will boost your finances. Your network will help you to implement your plans. Your siblings and subordinate staff will be more helpful today. You may plan to visit elders or religious places.

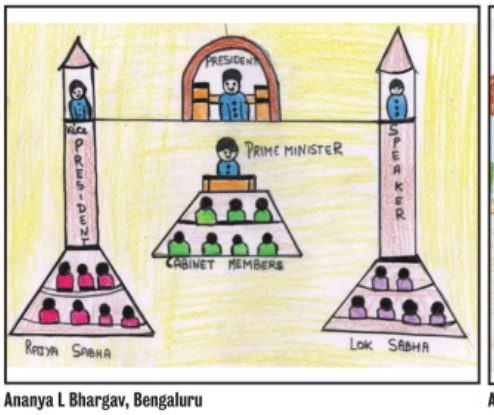
Sagittarius Nov 23 – Dec 22
Today, your energy level will be high. So it will make you happy and optimistic to fulfil your desires with the help of hard work. You will plan to go on outings with friends and family to share your happiness. Students will see good news in terms of study.

Capricorn Dec 23 – Jan 20
Today until late afternoon, the day is not good, you may feel unhappy and become nervous, but after noon onwards, you will be happier, and internal vitality will boost your self-confidence. You should avoid carelessness in making decisions in terms of finance, profession and studies. Sometimes, you may face self-respect issues with your spouse and need to keep patience to avoid converting happy moments into bad moments. Love birds will plan for short trips.

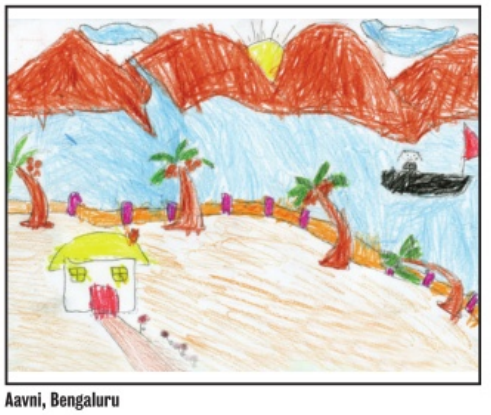
Aquarius Jan 21 – Feb 19
Today your tendency to overspend will affect your savings. You should be careful while expressing yourself at work and on the domestic front also. You should avoid lending money and postpone making important decisions in real estate and other asset issues. You should try to avoid a tendency to detachment from your responsibilities.

Pisces Feb 20 – Mar 20
Today's social get-together, you will re-establish your network, which will give you benefits shortly. Natives related to glamour, art, and fashion will plan to do something new in terms of their profession. Students will perform better today in terms of study. Love birds will enjoy their happy moments.

KIDZONE



Ananya L Bhargav, Bengaluru



Aavni, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
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SOLUTIONS

SOLVE IN 1M
(500/100)÷(50/100)
5÷1/2=10,
2%=1000%

RIDDLER
Sebastian Vettel

BULL'S EYE
noun, onus, sound, SUNDOWN, undo, wound

FAST FIVE

S	P	A	S	M
H	A	P	P	Y
S	H	I	E	S
A	C	R	E	S
L	A	T	H	E

STRIKE OUT

G	O	O	D	W	E	D	S	O	F	T				
I	D		A	I		I		E						
V	E	E	R	E	D		S	T	A	L	I	N		
T	I		E	M		R		E						
E	X	H	A	L	E		A	T	L	A	S	T		
I		C		A	M	P	L	E	K		R			
L	U	S	T	R	E		A	G	E	N	D	A		
E		I	S	O		Y		R	S	A		E		
H			I	T	A	L	I	A	N			H		
T		A	O	C		F		T	E	N		R		
S	A	S	H	E	S		S	E	D	A	T	E		
E	S		L	E	A	C	H		C		D			
T		R		D		G								
O	D	A	S		R	A	O		S	A	I	D		

QUICK

C	R	U	N	C	H		S	P	A	S	M	S		

MENSA PUZZLE
think before you act

QUOTE UNCODE
When you forgive, you in no way change the past - but you sure do change the future.

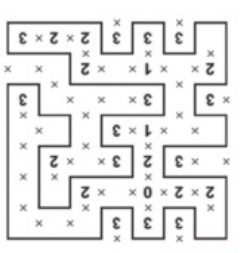
SUDOKU

8	9	5	7	2	1	3	4	6
6	3	1	9	5	4	2	7	8
4	2	7	3	6	8	1	9	5
7	5	2	8	1	6	9	3	4
3	6	9	4	7	5	8	2	1
1	8	4	2	9	3	5	6	7
2	1	8	6	4	9	7	5	3
5	7	6	1	3	2	4	8	9
9	4	3	5	8	7	6	1	2

ALPHA TRIANGLE
8, AB, Bar, Bear, Rehab, Breath, Breadth.

GO FIGURE
Easy
7 x 3 - 4 - 5 = 12
2 x 9 + 9 - 6 = 21
Medium
6 - 9 + 7 x 2 = 8
Hard

LOOP



KAKURO

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DANGEROUS VIBE

Saif explains why he is off social media

Actor Saif Ali Khan says he doesn't want to engage with negativity and that's why he stays away from social media.

Khan, who is absent from popular social media platforms like X and Instagram, said they consume too much time of a person that can be utilised for doing something more concrete.

"Personally, I think it's too time consuming. Sometimes I surf Instagram, and I spend half an hour reading the most inane things. And my wife said I'm not following the right things. Then I deleted the app because I feel I've wasted a lot of time compared to something I could be reading in a book or doing something more concrete with my time.

"It's (social media) never ending. It can really suck you in. I don't like that because it's dangerous for someone like me. Also, I don't want to engage too much with negativity, which also can happen. So sometimes I find that this is just not for me," Khan said.

The 54-year-old actor was speaking at the India Today Mumbai Conclave 2024 on Thursday evening.

Khan said if he ever joins a social media platform, then he would start taking it too seriously. "I mean, how would I do it? Is it just showing off about my life? And then, how would that make people feel? Would it be fake? Or would I say, how do I present the best picture of myself? And then before I know it, I've kind of gone slightly mad doing this. And I don't know because I would take it too seriously," he said. —PTI

New mom on the sets

Actress Yami Gautam, who has been embracing the joys of motherhood, is back to work and recently attended a special event. She shared stunning pictures from the occasion, showcasing her radiant spirit and elegance as she balances her professional commitments with her new role as a mother.

Taking to Instagram, Yami, who has 19.7 million followers, shared a stunning photo showcasing her elegant look. She wore a long-sleeved red kurta paired with a matching dupatta adorned with intricate golden embroidery. Enhancing her natural beauty, Yami opted for a minimal makeup look and styled her hair in soft waves.

In the photo, she can be seen applying the final touches to her makeup, radiating grace and poise. Her look was beautifully complemented by silver earrings, adding a touch of sophistication to her ensemble. In the caption, she wrote, "And now back to work... Thank you team for a fantastic event #grateful". —IANS

Homely dinner

Actress Janhvi Kapoor took to her social media handle and shared a delightful picture of her welcome home dinner.

Taking to her Instagram Stories, Janhvi shared a snapshot of her delicious dinner delight as she came back from a schedule of her upcoming film 'Sunny Sanskari Ki Tulsi Kumari'.

She wrote the caption, "It's a welcome home for a quick minute". On her tempting dinner menu, she had a delight of noodles, pasta, rice, salad, fried fish, pickles, Italian white sauce pasta and green chutney with other items.

Earlier, Janhvi took to her Instagram Stories, where she reshared a group picture posted by actor Maneish Paul as they completed the film's schedule in Udaipur, Rajasthan. In the picture the cast members were seen smiling at the camera as they posed for the selfie and captioned it: "And that's a schedule wrap for Udaipur!!!" Re-sharing the post on her Instagram stories, Janhvi captioned the post: "Best team ever." —IANS

Evolution of a pop star

Lady Gaga recently shared her thoughts on being a 38-year-old pop superstar while promoting her upcoming film, 'Joker: Folie a Deux'.

The Grammy and Oscar winner expressed her pride in ageing and the joy that comes with embracing new challenges in her career.

Reflecting on her life and future, Gaga spoke about her relationship with fiance Michael Polansky, stating, "I am so happy to be in love, and I'm so excited to have a family, so that's definitely number one. But also, I really believe in the ability to grow as a person," as per People magazine.

She emphasized the importance of personal development, saying, "I think that feeling can give everybody hope, and I just want to keep growing, too."

Describing her current phase as a pop star, she remarked, "It's kind of fun to embrace the challenge of being a 38-year-old pop star and figuring out who I want to be now and what I want to say because I really love women," as per an interview statement obtained by People magazine.

Gaga also highlighted her desire to be a meaningful voice within her community: "I want to be a voice that deserves to be part of our community." —ANI